



Beef Chilli Sweet Potato Jacky-P with Kidney Beans and Cheese

Family 40-45 Minutes • Mild Spice • 4 of your 5 a day

2



Sweet Potato



Beef Mince



Red Kidney Beans



Central American Style Spice Mix



Tomato Passata



Beef Stock Paste



Mature Cheddar Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, sieve, bowl, lid and grater.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Beef Mince**	240g	360g	480g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	60g	90g	120g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	635g	100g	680g	100g
Energy (kJ/kcal)	3324 / 794	524 / 125	3811 / 911	561 / 134
Fat (g)	32.8	5.2	41.9	6.2
Sat. Fat (g)	15.8	2.5	18.6	2.7
Carbohydrate (g)	71.1	11.2	72.0	10.6
Sugars (g)	23.4	3.7	23.5	3.5
Protein (g)	51.4	8.1	59.1	8.7
Salt (g)	3.21	0.51	4.44	0.65

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Bake the Sweet Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **sweet potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Rub the **oil** over the **potatoes**, then lay them, cut-side down, on the baking tray.

When the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.



Simmer your Beef Chilli

Bring the **chilli** to the boil, then cover with a lid and turn the heat to low.

Leave to cook slowly for the remaining **sweet potato** cooking time. Stir occasionally to stop the **chilli** from sticking. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



Cook the Beef

Meanwhile, heat a large saucepan on medium-high heat (no oil). Once hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.**

While it cooks, drain and rinse the **kidney beans** in a sieve. Pop **half** of them into a bowl and mash with the back of a fork.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, cook them before adding the **mince**. Heat a drizzle of oil in your frying pan, then stir-fry the **lardons** until golden, 4-5 mins. Add the **mince** and continue as instructed. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**



Finishing Touches

Meanwhile, grate the **cheese**.

When everything's ready, taste the **chilli** and add **salt** and **pepper** if needed.



Add the Flavour

When the **beef** is browned, drain and discard any excess fat, then season with **salt** and **pepper**.

Add the **Central American style spice mix** and **kidney beans** (whole and mashed).

Stir in the **tomato passata**, **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).



Serve

Share the **jacket sweet potatoes** between your plates (2 halves per person) and spoon the **beef chilli** on top. Scatter over the **cheese**.

Enjoy!

CUSTOM RECIPE

Top your **jacket sweet potatoes** with the **beef** and **bacon chilli**.